

CITY OF DAVIS
2003-2004 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

Organization Name: Yolo Adult Day Health Center

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(Be sure to list the best contact to get information to the organization as quickly as possible.)

Total Proposal Request: \$6000.00

On-going Support New Project

CDBG Eligible Category: Public Service
(See List A)

National Objective Compliance/Low and Mod Benefit: Limited Clientele
(See List B)

City Council Identified Critical Needs: (See List C)

- 1) Programs to Support Independent Living
- 2) Mental Health
- 3) _____

PUBLIC SERVICE

NON-PUBLIC SERVICE

Beneficiary Information:

40 Total number of beneficiaries in proposed project

40 Total number of beneficiaries in proposed project served with CDBG funds

50% Percentage of the CDBG beneficiaries with low, low/moderate income

\$150 Cost per CDBG beneficiary (CDBG Request/CDBG Beneficiaries)

PROJECT NARRATIVE

a. **Need**

Yolo Adult Day Health Center (YADHC) offers families an alternative to nursing home care. The Center provides a variety of supportive services such as nursing, physical/occupational/speech therapy, social work, a meal and most importantly socialization to otherwise homebound adults. To best meet the diverse needs of adults dependent on assistance, YADHC has two tiers to services. First is the direct care the clients receive at the Center. The second is the respite, support, counseling, care management and education to caregivers struggling with the challenges and stress related to caring for a loved one.

This year, Yolo Adult Day Health Center (YADHC) is celebrating its 20th Anniversary. The Center was built to provide an innovative and alternative form of care for adults struggling to maintain an independent lifestyle and twenty years later, it is still on the cutting edge. With a mission of maximizing independence, the Center must focus on timely medical care, physical activity to maintain strength and socialization to ensure a connection with community. These goals are achieved via the teamwork of a professional staff comprised of nurses, physical/occupational/speech/recreational therapists, social workers, dieticians, and personal care assistants. Additionally, the Center provides ongoing workshops and consultations for family caregivers to ensure the availability of the educational and emotional support needed to maintain around the clock care. Due to the increased demand for community-based support, the Center has experienced a steady growth over the last six year and is currently serving at capacity.

One of the primary reasons for the Center's success is the availability of transportation. Due to the level of frailty, few Davis residents would be able to access the Center's unique services without specialized transportation. Lift busses that provide door to door service with driver assistance ensures equitable access to adult day services regardless of mobility and/or cognitive limitations.

Unfortunately, the cost of transportation is becoming unbearable to the Center with the current cost at \$22.01 per client per day. Transportation expenses alone account for 49% of the daily rate charged for respite services and 32% of the MediCal reimbursement rate. It leaves too few dollars to cover the multiple other expenses associated with adult day care such as staff, food and supplies. The current financial performance report that summarizes the first six months of this fiscal year shows a net income of \$1922. This is a very small margin that clearly leaves the program vulnerable. The vulnerability is particularly acute this next year as the program is slated to receive a 10% Medi-Cal cut (\$34,000 loss) plus an addition 5% cut in the Alzheimer Day Care Resource Center funds (\$3800) for a total minimum loss of \$37,800. The severity of next year's cuts, estimated to create a \$66,759 deficit, will clearly impact the current care model and reduce ability to maintain current service levels in particular those enhanced service components for participants diagnosed with a dementia.

b. **Benefit**

The benefits of adult day programs are well documented. Services prevent hospitalization, premature nursing home placement, reduce risk of depression, maximize independence, improve daily endurance, provide caregiver respite, increase access to medical treatment, monitor medication side effects, assist with medication management, slow dementia

progression, improve nutritional intake, link homebound individuals with their community, provide diverse volunteer opportunities and, along with many other benefits, ensure intergenerational interaction.

While the Center serves all individuals, 77% are low income. All clients have chronic health care needs and are unable to perform at least two activities of daily living such as bathing, dressing, walking, eating and dressing. Guaranteeing transportation to and from the Center significantly impacts an individual's ability to attend the Center. In addition, once clients are attending, it has also been documented that they experience 75% reduction in average hospital visits, 33% less emergency room visits and 45% less falls.

With the assistance of the 2003-2004 CDGB dollars, YADHC, between July and December 2003, provided 1108 one-way rides between Davis and Woodland. This is an average of 185 rides per month.

c. Other Resources and Collaboration

Other potential or actual sources of funds: In order to cover transportation costs for the entire County, YADHC relies on the ongoing support of Area 4 Agency on Aging, the Cities of West Sacramento, Woodland and Davis. In addition, the Center continually seeks to purchase new vehicles to minimize leasing and maintenance costs and provide service in safe and comfortable vehicles. This year the Center is the beneficiary of the Soroptomist's International Monte Carlo Night that will allow us to replace a van experiencing expensive mechanical problems. **Role of volunteers:** A very important group of individuals who are a part of the program are the volunteers. Volunteer activities include assisting participants on and off the vans/buses, providing numerous activities and entertainment, assisting with serving snack and lunch, writing letters for participants, teaching computer, providing Spanish-only education sessions, assisting with outreach efforts, writing newsletter articles, and decorating Center. In 2003, YADHC benefited from the direct services of 56 volunteers who contributed over 2200 hours. YADHC takes the volunteer program very seriously because not only does it benefit the participants of the program and assist staff but also it greatly enhances the volunteers' lives. Volunteers are often newly retired individuals, college and high school interns exploring career opportunities, mental health patients in final preparation for return to community and welfare recipients attempting to gain marketable skills. **Collaboration efforts with other programs:** YADHC continuously collaborates with other organizations such as the County senior centers, Del Oro Caregiver Resource Center and the Alzheimer Association. Also, the Center partners with Citizen's Who Care to assist with mileage for Senior Companions and respite dollars for the Saturday Time Off Program. **Complementary services offered by other programs:** While adult day health is unique it is greatly complimented by other programs such as Yolo Hospice, In-Home Support Services, Citizen's Who Care, Davis Senior Center, Del Oro Caregiver Resource Center and the Older Adult Program. This network of providers not only collaborates on behalf of client care but also addresses problems from a systems level via the Commissions on Aging and the Older Adult Long Term Care Task Force. **Duplicative services:** YADHC is currently the only weekday program targeting older adults in Yolo County. Our respite, medical and other support services are not duplicated by other programs for the same clientele. On February 3, 2004 YADHC, Citizen's Who Care, Elderly Nutrition Program met to compare client lists. This exercise confirmed that while we occasionally serve the same clients, rarely are they being assisted simultaneously which illustrates that together we represent a continuum of care that is accessed during different periods of time as an individual's health needs change.

YADHC and the Time Off Program do not offer respite at the same time therefore it always expected that we share clients. During 2003 eight clients were utilizing both services.

d. Organizational Capacity :

YADHC provides a diverse array of services in order to meet the complex needs of participants. Services include: Skilled nursing (provided by an RN and LVN) program aides assisting with personal care needs such as bathing, toileting and grooming, social work, physical therapy, occupational therapy, speech therapy, dietary, specialized dementia services, community education, caregiver support group, resource library, transportation and counseling. Total enrollment for YADHC, as of February 17, 2004 is at 73 participants with 41% having a diagnosis of Alzheimer's Disease or related dementia. The average daily attendance as of this date is 45. Currently 15% of the Center's clients are from Davis with 50% being at or below poverty income level.

SCOPE OF SERVICES

a. Project Description (Activity Summary: Describe the activities of the proposed budget)

Yolo Adult Day Health Center is seeking support to assist with the transportation of frail adults from the City of Davis to Woodland. Yolo Adult Day Health Center contracts with First Transit, Inc. to provide 250 days/year of specialized door to door transportation services to older adults who live in the Davis area. All scheduling and phone contact is handled at YADHC by the Transportation Scheduler. Every morning and afternoon, the Scheduler contacts the transportation provider to confirm the daily rides and reports any special circumstances to the driver. If needed, AM reminder calls are provided for passengers or families requesting this assistance. Upon arrival at the Center, drivers report any unusual incidences or observations. The Drivers adhere to a rigorous training schedule provided by Coach, Inc. They also receive an on-site orientation to YADHC where they are provided with pertinent information regarding frail adults. All rides are carefully logged, documenting all pick-up and drop-off times.

This request is being submitted as current ongoing funding sources do not adequately cover the Center's actual cost. Transportation alone accounts for 21% of program expenses; second only to staffing. With the requested amount of CDBG funds the cost per beneficiary is \$150/year. If transportation were provided directly by the County's paratransit service at \$2.00 per one way trip, cost per client would equal \$960/year. If a caregiver were to drive their private vehicle 20 miles per day with fuel at \$1.70/gallon the cost would be close to \$450/year.

b. Target Group

As most individuals who utilize our services stay with the program for an average of four years, we do not experience large numbers in terms of unduplicated counts. We propose to serve 40 unduplicated older adults. Of these, 50% will be very low and low-moderate income. The number of proposed one-way trips for the year is 3500. Therefore, the CDBG cost of a one-way trip is \$1.71.

To describe the current Davis client population: 80% suffer from dementia related to either Alzheimer's Disease, post-stroke or Parkinson's Disease (compared to 30% for the total Center clientele). With respect to living situation: 40% live with an elderly spouse and 50% live with working caregivers. As we work closely with the entire family, we know that 90% of the caregivers receiving services at the Center are at very high risk of burn out. Ambulation devices are commonly utilized; 50% require a walker, wheelchair or quad-cane.

c. Outreach

Our most successful outreach has been effective and strong working relationship with other providers within the aging network. In addition the community support and workshops provided do much to help community members learn about adult day health and caregiver respite. The support groups will continue to be offered to assist with ensuring caregivers are aware of the program. Also, we are expanding education sessions this year addressing caregiver needs.

TIMELINE

Work Plan (Identify activities and completion dates)

Service is ongoing and therefore implementation is in place. Services will be provided throughout the fiscal year. Outreach and publicity materials are currently available.

**CITY OF DAVIS
COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM**

BUDGET SUMMARY*

Budget Category	TOTAL Transportation for YADHC Clients	Proposed Davis Project CDBG Funds	Davis Route Other Sources*	Winters **West Sacramento Routes
A. Salaries and Wages	\$13,365	0	\$625	\$12,740
B. Fringe Benefits	\$3,074	0	\$144	\$2,930
C. 3 Contract Lift Vans @ 5 days/week	\$ 179,556	\$6,000	\$ 53,852	\$119,704
TOTAL PERSONNEL/CONTRACT BUDGET	\$195,995	\$6,000	\$ 54,621	\$ 135,374
D. Office Rent				
E. Utilities				
F. Telephone				
G. Office Supplies				
H. Equipment				
I. Printing/Duplication				
J. Travel/Conferences				
K. Other : Minivan (fuel, maintenance, registration)	\$3600			\$3600
TOTAL NON-PERSONNEL BUDGET	\$3,600		\$54,621	\$3,600
TOTAL PROJECT BUDGET	\$199,595	\$6,000	\$54,621	\$ 138,974

* Sources include Area 4 Agency on Aging \$38,645

** West Sacramento support \$25,000